Hydrogen

Processing food

Lightest element

most abundant element

extremely flammable

helium

Balloon

second most abundant element in the universe

second lightest element.

our sun produces 700 million tons of helium per second.

Lithium

Batteries

the lightest metal

burns with a bright red color

lowest density of any metal.

Beryllium

gears and cogs

Beryllium is two-thirds the density of aluminum.

Beryllium is non-magnetic.

44th most abundant element in the earth's crust.

Boron

increasing testosterone levels

Boron has the highest melting point of the metalloids

the highest boiling point of the metalloids

boron is a dark amorphous powder